

H E A L T H Y S W I N G E R
INSTRUCTION MANUAL



SUNPENTOWN
AB-07



SUNPENTOWN INTERNATIONAL INC.
www.sunpentown.com • info@sunpentown.com

FEATURES:

- User friendly remote with 1-touch buttons
- Normal mode with 14 speed adjustments
- Auto mode with pre-set programming
- Quiet operation
- Easy carrying handle
- 95 ~ 175 rotations per minute

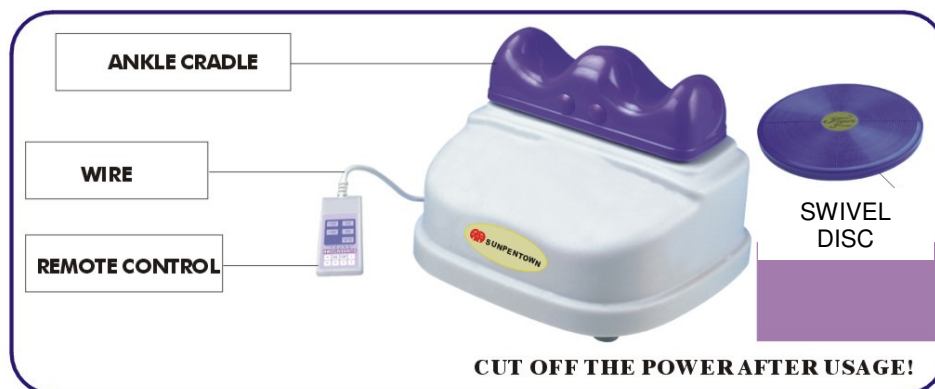
BENEFITS:

- Activate cells
- Relieve stress and tension on the spine
- Improve immunity and durability
- Stimulate blood circulation
- Stimulate the lymphatic system to detoxify



OPERATION:

- Press ON/OFF button to turn unit on and off.
 - Unit turns on at default setting in Normal mode at speed 3 (NORMAL indicator light is on).
 - Press TIME to set session between 5 to 30 minutes (6 settings at 5 minute intervals).
 - Press SPEED ▲ or ▼ button to increase or decrease speed.
 - To run session in Auto mode, press the AUTO button (AUTO indicator light is on).
 - Speed sequence for AUTO mode: Speed 4 → 9 → 2 → 11 → 6 → 13 → 1 → 8 → 7 → 14 → 8 → 9 → 3 → 10 → 6 → 12 → 5.
 - Press AUTO button again to return to Normal mode.
- Note: in AUTO mode, time and speed cannot be changed.)



HEALTHY SWINGER

Trillions of cells in the body require a rich supply of oxygen to properly perform their functions. Oxygen starvation of cells can result in numerous health-related problems, such as: immune dysfunction, cardiac symptoms, sleep disorders, intestinal problems, anxiety, depression, headaches, fatigue, stiff neck, dizziness, stress, and more.

Sunpentown Healthy Swinger provides a simple solution, without any stress on the spine or other body parts. Simply lie down and the Healthy Swinger will rock your body from side-to-side. This simple rocking motion maintains a proper "chi" balance (the balance of negative and positive forms in the body, which are held to the essential to good health in old Asian tradition) and oxygen supply to the body. Regular use of this relaxing massage movement stimulates your body and achieves relaxation and stress reduction. Sense of well-being arises from the massaging swing action and is immediately noticeable.

1. Full body Exercise with No Side Effects provides a full body work out, regardless of sex, time or place.
2. Lie Down and Swing no pressure or stress involved! The full body work out is done while lying down, meaning no pressure or tension is applied to your back or any body part.
3. No Injury lying down insures no possible injury, and no increase in heartbeat or blood pressure.
4. Sunpentown Healthy Swinger does it all, The simplicity and comfort offers a convenient way to cultivate a vital, regular, exercise habit.

Consult your physician before using, if you have the following conditions:

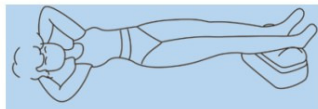
- Pregnant
- Heart problems
- Healing from fractured bone
- Have had bone fusions

- Do not use within 1 hour of consuming a meal,
- First time users start with 5 minutes and increase duration slowly

Lie down and place ankles on the cradle. The unit's handles should be facing you. You may place the swivel disc underneath the hips. Using the disc is optional; it is designed to allow the hip to swing along with the motion.

Position 1:

Hands under head



This position helps relieve muscle pain, joint aches and headaches.

Position 2:

Arms to the side



This position works well for most purposes.

Position 3:

Arms stretched above head



This position is best for increasing metabolism and weight loss.

SUNPENTOWN

Healthy Swinger AB-07

Your Guarantee

If this product is found to be faulty as a result of faulty materials or workmanship within one year from date of purchase, it will be repaired or replaced free of charge.

This guarantee is subject to the following terms:
Sunpentown must be notified of the fault. Proof of purchase must be presented to Sunpentown's nominated representative.

The guarantee after repair or replacement will not be extended beyond the original one year period.

All replacement parts or units will be new or reconditioned. Parts or units, which are replaced, become the property of Sunpentown.

The warranty applied for the use of the product in the USA
Warranty does not include freight charges.

This GUARANTEE is in addition to your Statutory Rights.